

12-Week HYROX Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Interval Run	Strength Train	Rest	HYROX Workout	Long Run	Active Recovery
2	Strength Train	Tempo Run	Rest	Interval Run	Strength Train	HYROX Workout	Long Run
3	HYROX Workout	Rest	Interval Run	Strength Train	Tempo Run	Active Recovery	Long Run
4	Rest	Strength Train	Interval Run	Rest	HYROX Workout	Tempo Run	Active Recovery
5	Interval Run	Strength Train	Rest	Tempo Run	HYROX Workout	Long Run	Active Recovery
6	HYROX Workout	Rest	Strength Train	Interval Run	Tempo Run	Active Recovery	Long Run
7	Rest	Interval Run	Strength Train	Rest	HYROX Workout	Tempo Run	Long Run
8	Strength Train	Tempo Run	Rest	Interval Run	HYROX Workout	Long Run	Active Recovery
9	Interval Run	Rest	Strength Train	Tempo Run	HYROX Workout	Active Recovery	Long Run
10	Rest	Strength Train	Interval Run	Rest	Tempo Run	HYROX Workout	Long Run
11	Tempo Run	HYROX Workout	Rest	Strength Train	Interval Run	Active Recovery	Long Run
12	Rest	Light Run	Light Strength	Rest	Light HYROX WO	Rest	Race Day

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